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MARCH 20, 1996



VARIETY

PAGE 7

WINONA STATE'S FIRST STUDENT NEWSPAPER

Almost a century of learning

Dr. Lewis Younger, a 92-year-old WSU student of history

By SALLY MILLER

Variety Reporter

Lewis Younger may be the oldest student at WSU. Born in 1904, he may very well be the oldest student in the entire state university system.

A Rhodes scholar candidate from 1925, and a 1929 graduate of Northwestern Medical School, Younger hasn't let old age stop him from learning everything he possibly can.

"I think it's as important to exercise the mind as it is to exercise the body," he states.

"That's even more true when you get older," he said.

At 92, Younger, a retired Winona physician, has been taking classes at WSU for over 30 years. He took a Personality Structure class in the early 60's to help him in his medical practice, and continued taking classes every quarter thereafter, occasionally taking time off.

In 1970, then a 66-year-old retiree, Younger took off a few terms while he served a tour in Vietnam.

"The military was in need of experienced doctors, so I went," he said.

While in Vietnam, he saw many things that were disturbing.

"I hated how those young boys died," he quietly said.

Vietnam wasn't the only war Younger has served in, however.

In 1940, he enlisted in the military, serving in the Medical Corps for two years.

He went to the Aleutian Islands, where he treated soldiers on their way to and from the war.

While there, he had opportunity to learn of the local history and culture of the Aleut Indians.

"I found one of their burial sites," he said.

"Well, we found this skull. I packed it up and sent it home for a souvenir."

Laughing, he added that he probably should have prepared his wife for the package that was to arrive in the mail.

"When she opened it, she nearly croaked," he said.

Because he is a veteran of WWII, he had a personal knowledge when he took a history class that dealt with that conflict.

"Mishark was really good," he said of the instructor's handling of the ma-

terial.

"I really enjoyed the class."

In the 92 years since his birth, a great deal of history has been made, and he has followed as much of it as he could.

"I remember when the Titanic went down," he said; he was seven at the time.

"My father would come home from work and take me for walks. He told me all about this big ship. It was going to be the biggest and the best."

"My dad said it was unsinkable," he said.

"I remember when my dad told me it had sunk, and that all those people had died. I couldn't believe it. And they didn't have even half the lifeboats they needed," he recalled.

Nearly two decades later, he was an intern at Cook County Hospital in Chicago when the stock market crashed in October 1929. Because his father was well-off, the crash didn't really affect him or his family. But he saw how it affected people around him.

"People were jumping out windows, and killing themselves," he said.

When he moved to Winona to set up his practice in 1930, he began to see the impact the Depression was having in little towns when his patients weren't able to pay him in a timely manner.

"But, I knew it would be that way before I got here," he said.

In spite of the economic difficulties the Depression created in the 30's, Younger was able to prosper enough to buy land in downtown Winona, and build a new medical office building in 1938.

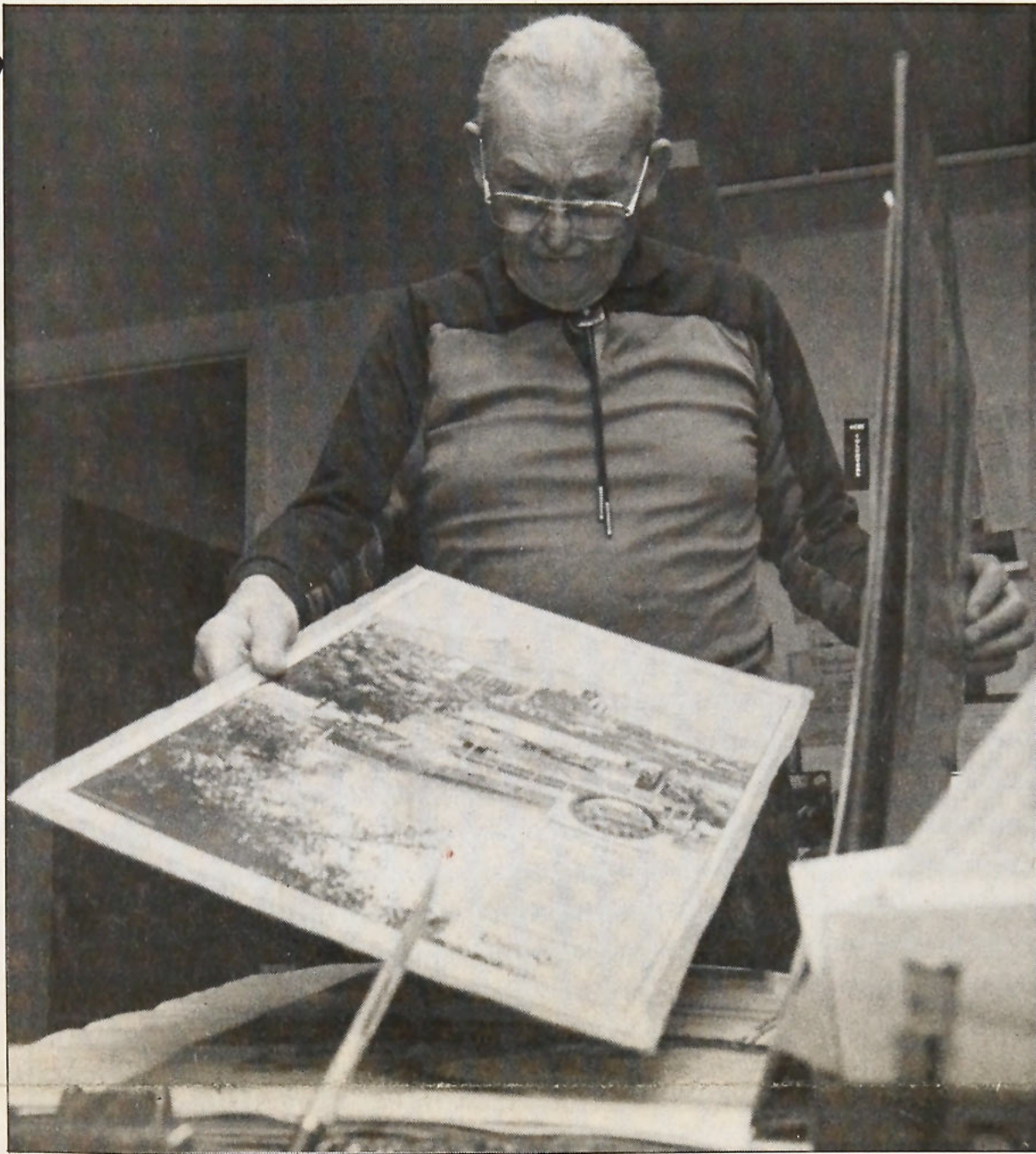
"My building was the only building of Art Deco design in Winona."

The Younger Building, which is directly across from the post office, is located between the YWCA and a bank drive-thru.

"It's still the only building of true Art Deco design in Winona. It's in the Historic Register," he said proudly.

He was so pleased with the unique nature of his medical building, he bought land in 1940 on Lake Winona and asked his architect to design a modern apartment building, with a deluxe penthouse for Younger to live in.

"It was a beauty," he said, showing a 55-year-old scale model of the building.



Joshua Smith/Photo Editor

Dr. Lewis Younger talks about his efforts to bring the Wilkie Steamboat to Winona while going through his scrapbook on the boat. Younger was responsible for bringing the original Wilkie here.

"There would have been eight apartments, all with views of the lake. We were going to have central air, underground parking, and balconies for each apartment," he said, his eyes lighting up as he pointed to the different parts of the model.

"But the people down there by the lake didn't want an apartment building down there. They fought me," he said. "I had the foundation poured, but the city council voted against me." Younger had to sell the foundation, at a \$15,000 loss.

Only 10 years later, though, Younger was again involved in a public issue.

Younger had joined the Steamboat Days Committee in 1950, and one of his first questions for the group was,

"Why don't we have a steamboat in Winona?"

That question, and the unsatisfactory answer that followed, led Younger on an six-year quest to locate a steamboat for Winona.

"It made no sense to have 'Steamboat Days' when there was no steamboat in the town," he said.

In 1956, he found out about a steamboat for sale in Dubuque, Iowa, and tried to raise the \$25,000 purchase price. Failing to raise more than \$2,500, Younger decided to go to the owners and negotiate face to face.

"I went down with \$2,500 and came back with a steamboat," he said. The steamboat was christened in 1959.

Younger spent hundreds of hours as he helped to design the park setting

that surrounded the old Julius C. Wilkie steamboat for two decades.

When the Wilkie burned in the early morning hours of March 12, 1981, Younger was stunned.

"I was devastated," he said, shaking his head.

Younger, who has been alone since his wife died six years ago, recently opened his home to Chad Bollweg, a junior social work major from Canton, Mn.

"I feel safer with him here," he said. "He's great," said Bollweg.

Younger, who has seen so much history, and made history himself, is still interested studying some world history this summer.

"I'd like to take a class about world issues or something like that."

Articles compiled by the Associated Press

Consumption of artificial flavorings give health benefits

BY DANIEL Q HANEY AP SCIENCE WRITER

SAN FRANCISCO- A new study suggests health-food enthusiasts got it all wrong: Artificial flavorings in everything from barbecue potato chips to toothpaste may actually be good for you.

The reason: All sorts of artificial flavors contain salicylates, a chemical cousin of aspirin. And aspirin is known to reduce the risk of heart attacks by preventing blood clots.

The new study found that people take in the equivalent of one baby aspirin a day from the artificial flavorings put in processed foods.

The researchers say that Americans' taste for artificial flavorings may help explain why fewer people are dying from heart attacks.

"We are presenting what we consider to be a plausible hypothesis, but it needs a lot more exploration," said Lillian M. Ingster of the National Center for Health Statistics in Hyattsville, Md.

Deaths from heart attacks rose steadily through this century until about 30 years ago, when they began to fall. Experts have searched for reasons to explain this and have come up with several, including less smoking, lower consumption of saturated fats, better medicines and more exercise.

The problem, though, is that heart disease began to drop before most of the healthier living habits came into vogue.

The decline in heart disease started rather abruptly in the mid-'60s. Within about three or four years it spread across the country. It's hard to imagine that something like cholesterol lowering or blood pressure treatment could explain it," said Ingster's colleague Dr. Manning Feinleib.

Salicylates in food "may be the missing link in explaining why this decline occurred when it did as widely as it did."

Feinleib and Ingster presented their case for this new explanation Thursday at a conference sponsored by the American Heart Association.

The researchers said they are not telling people to change their eating habits. Certainly, eating more junk food would be an unhealthy way to take in more salicylates (variously pronounced sah-LIS-uh-LATE or SAL-uh-SIL-ate).

See Artificial, page 8

Researchers dispel sugar's bad reputation

By PAUL RECER

WASHINGTON- Sugar has a reputation as an evil food that causes diabetes, obesity, mood swings and other bad health effects. But Duke University researchers say that is all a myth.

It's fat - not sugar - that is the bad guy, says Richard Surwit, research director of the Stedman Nutrition Center at Duke. Sugar got its unsavory reputation, he said, from associating with fat.

Surwit said that research using laboratory mice and human beings with controlled diets shows that sugar has no more effect on weight gain than any other form of carbohydrate calories and that it does not trigger diabetes, nor affect the personality.

Nor does sugar cause depression, hyperactivity, anxiety, or affect the ability to concentrate, he said.

The digestive system, Surwit said, breaks down carbohydrate elements in grains, pasta, bread and cereals into forms of sugar. Pure, white sucrose found in the ordinary sugar bowl is the same thing, so far as the body is concerned, he says.

"Sugar is just a carbohydrate like all others," he said. "It is healthful and should be regarded like all other carbohydrates. There's no difference metabolically."

Once sugar is in the digestive tract, said Surwit, enzymes break it down "in the same manner as they break down complex carbohydrates, such as pasta and grains."

Other experts, however, said it is too early to accept the sweeping conclusions proposed by Surwit.

"Sugar has been known as a bad food and it may not be as bad as we thought it was," said Sachiko St. Jeor, director of nutrition studies at the University of Nevada School of Medicine. "But it needs further research."

See Sugar, page 8



photo courtesy of Dr. Younger

22-year-old Younger sits atop Dynamite. The soon-to-be doctor rode Dynamite for two summers while he was working in Wyoming, before interning at Cook County Hospital in Chicago.



Joshua Smith/Photo Editor

Younger has collected artifacts and records from classes and experiences, which are all organized and stored in his basement.

"I think it's as important to exercise the mind as it is to exercise the body. That's even more true when you get older."

Lewis Younger

IMPRESSIONS FROM THE HYPOGEUM

Dear Abby

By DEAN KORDER
Columnist

Dear Abby,
I recently visited my ex-wife's home town to pick up our son and was met with a wave of hostility that was enough to make someone wonder what life really is all about. It was so bad that I am still sitting here wondering what I did to deserve this much hate. Maybe you could help me.

You see, nine or ten or eight years ago, I got divorced. My ex-wife left me because I was nothing but a no count traveling salesman with too much money in my pockets and a lot of extra spare time away from home. She didn't like sleeping alone and she didn't think I was sleeping alone when she was sleeping alone so, she called me up and told me she had filed for divorce and she left me and took my son and the rest as they say is her story.

Now, while the ex and I were still negotiating our contract, I talked to her mother a few times about what I should do and she of course took her daughter's side and said I was a no good lousy bum and that I should do the world a big favor and just shrivel up and die. But, somehow I managed to live and although I never talked to my mother-in-law again, I maintained my role as a full-time father with a part-time son.

I fought and I struggled and I pleaded for every spare moment I could get with the little boy I had helped bring into this world and I fought and I struggled for every holiday and four day weekend I could find on the calendar to see him. I saw him, but joint custody had turned into her having physical custody and left me looking at an empty room where my little boy used to sleep.

But, being a man, I was supposed to like this situation because I was perceived to be a uncaring, unnurturing, unnatural, sloth of a bastard when it came to matters pertaining to the rearing of children. I mean, face it, most men's natural talents are supposed to be farting, belching, watching football, and taking out the trash. There ain't nothing in there about burping, breast feeding, and diaper rash. I was a man and was supposed to enjoy not having to care for my son.

I wasn't supposed to miss him. I wasn't supposed to sit on his bed and cry when he wasn't there. I wasn't supposed to be sleeping with his stuffed animals or reading his books to myself to fall asleep. I wasn't supposed to wake up and call out his name. I wasn't supposed to react when I saw him walking home from school or with his mother at the grocery store. But, I did.

I was supposed to just walk away. I was supposed to just "take it like a man."

But, I didn't.
My mother-in-law hated me for it.
She still hates me for it.

Sometimes I wonder at what point I became less than human to her.

Sometimes I wonder what makes her see red when she looks at me. Could it be that she wanted me to disappear after the wedding vows had dissipated into split community property?

Her own children never knew their fathers. My ex-wife knew vaguely of who her real father was. Her sister, I think, met her real father a few years ago. But, neither of them knew of their fathers when they were growing up. Their mother kept it that way. Did she wish the same for my son?

Could it be because I chose to go to college after my marriage fell apart?

None of her family had gone to college. Was she jealous of my desire for higher education?

Could it be because she blamed me for every other holiday and every other weekend? Could it be that I had become the brunt of every joke and the reason for every failure in her own life?

Could it be something I did besides the fact that I broke her daughter's heart and destroyed our marriage?

Looking back, I can think of pleasant times. I think of my mother-in-law's fried chicken or her potato soup. I think of the years I spent living under her roof. I think of the times we cried when her husband died. I think of her family and my life in rural Iowa. I think of the day that our son was born and of bringing him home from the hospital. I remember snowmobiling and Saturday nights at the VFW hall. I remember the way the sun fell over the rolling hills of corn as it went to slumber on the other side of the horizon. I remember growing up and becoming a man. I remember above all else that my mother-in-law was like a friend to me. I remember long conversations over coffee at the kitchen table. I remember her work ethic and her courage. I remember a lot of things. A lot of good things and good times.

Could it be she remembers nothing but the bad times?
Could she have forgotten all the rest?
Or, does it just not matter to her anymore?
It got to a point that I just didn't think about it anymore. I never had to deal with her and we both lived our separate lives.

That was until this weekend.
This weekend I went to Iowa to see my son. Just arranging the trip was a battle in itself, my ex-mother-in-law didn't want me invading her turf, but in the end I got my wish.

It was the first time I had been to Iowa for many years and the trip jostled more than a few memories up from those deep storage tanks at the back of the mind. The closer we came to the middle of the state, the more those memories came up to haunt me. The farther we went, the closer I got to those things that I had long ago forgotten. It was then that the trip became a journey. No, a quest. And the grail was my son waiting for me with his sparkling eyes and his wonderful smile.

I was actually excited as I entered the small town where I had once lived and my mother-in-law still lived.

The excitement soon turned into pity.
When I went to pick up my son, my mother-in-law peeked out the door and then slammed it shut.

As I paced the porch waiting for my son to appear, I realized I felt sorry for her. I pitied her for not being able to understand the love between my son and I. I pitied her for being incapable of understanding, incapable of compassion. In this stream of pity, I found myself forgiving her for hating me.

My son came shuffling out a few minutes later and we went our merry little way and spent the evening together eating, talking, playing, and watching a movie. He knew that there was no love lost between my ex's relatives and I. But, it didn't matter because we were together. We celebrated his fourteenth birthday and had a great time.

As he slept in the bed next to mine, I could only think of him. It was so good to see him.

The next morning, after breakfast together, I took my son back to my ex-mother-in-law's house. After we hugged and he rang the bell, the door opened enough for him to slip in and he was gone.

I got back in the car and drove back home remembering the way he felt in my arms as I hugged him good-bye and trying to forget the hate that burns inside my ex-mother-in-law's heart. And, as I drove closer to home, I wanted to know the answer to one question: Why?

Why can't we get along for the sake of the child?
Can you tell me?

Sincerely,
Confused Father

Pulp, different and classy



SCOTT
MUELLER
Music Critic

Jarvis Cocker did something really stupid ten years ago. And then he did something smart. While trying to impress a girl, he fell thirty-something feet from a window and smashed his pelvis. Doctors said he wouldn't walk again.

As if things were not bad enough, Cocker was also about to throw away ten years of work with his Sheffield, England, band Pulp (he says their lack of success compared to the Smiths' rise in popularity was very frustrating). Fortunately, he realized that maybe he had a good thing going. With just a little more patience, after fifteen years of underground existence, a deal with Island Records finally came.

Pulp made their debut with the critically acclaimed *His 'N' Hers* (which I saw them promote in the most entic-

ing performance my senses have ever absorbed). The six-member act follows up with *Different Class*, an album which entered the U.K. album charts in the top slot the first week of release. Suddenly, a band who used to do gigs with only two attendees were in the hearts of the press and the ears of the public.

Originally rooted in punk, Pulp has shifted its style to darker melodies coupled with vocals that at times, sound like Robert Smith doing lounge music. One of the craftiest lyricists in pop music today, Cocker relates his experience with a rich girl on the single "Common People": "She told me that her dad was loaded/I said, 'In that case, I'll have a rum and coca-cola.'" The song continues with the girl trying to adjust to a lifestyle of the lower class: "I want to sleep with common people/I want to sleep with common people like you."

"Disco 2000" plunders the hooks from Laura Branigan's "Gloria" and turns out to be the catchiest song on *Different Class*. It mixes Cocker's deadpan with Peter Murphy-esque singing against a swamy guitar and sporadic synth noises.

Perhaps Cocker goes back to his early days of exploring music (which were the same days of puberty) when he declares that he'd "give his whole life to see" her in her underwear. Titled just that, "Underwear" brings a classic line: "If fashion is your trade/Then when you're naked/I guess you must

be unemployed."

Pulp are often bunched in that Britpop genre with the likes of Blur, Elastica and Oasis. They shouldn't be, as the others tend to sound edgy and fast. Pulp is a charming heart slowed down a few beats, creating a sound that makes you want to try some of the things you picked up in your ballroom dance class.

As mentioned before, Cocker's de-

cision to continue with Pulp after his accident was a stroke of brilliance. And he did defy doctors' predictions by not only walking again, but regaining his snake-like stage movements. Equally so, I'm sure that whatever predictions are being made about Pulp for their next album will be defied, and Jarvis Cocker will carry his band into greatness for years to come.

PULP DIFFERENT CLASS



BOOK REVIEW

Love does not always conquer all *Pride and Prejudice*, learning to win in relationship game



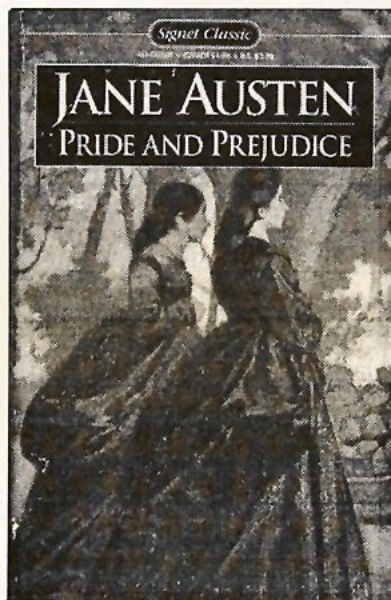
MAUREEN
ASFELD
Literary Critic

Occasionally, I like to discuss classic works of literature. In the literary world, Jane Austen is considered a talented British author. She has also had a large following called "Janites".

In 1775 Austen was born in Hampshire, England. During the second half of her 42 years, she published four novels: *Sense and Sensibility*, which was recently turned into a movie; *Pride and Prejudice*; *Mansfield Park*; and *Emma*. Austen's novels touched upon what happened around her in society.

Pride and Prejudice is a wonderful novel to read. Austen's part as the narrator is largely confined to describing the situation at hand, but occasionally her sarcastic wit slips in.

The heroine of the novel, Elizabeth Bennet, comes from the poor gentry. While her family has enough money



to exist on and own a small country estate, there is no male heir to inherit if something should happen to Mr. Bennet. Elizabeth and her four sisters live in fear of becoming poor, destitute relatives.

And perhaps, their mother is even more concerned about this possibility than her daughters. She is by far the most annoying character in the novel. But don't let her whining, conniving personality dissuade you. We all need a character to dislike.

And there will be a slew of other unappealing characters. First there is Mr. Collins the religious figure. He is a boring creature to who constantly moralizes and appears to always be

licking the boots of his "betters." There is also Lady Catherine, Darcy's obnoxious, snobbish aunt. She tries to keep Elizabeth and Darcy apart because she wants Darcy to marry her daughter. One of Bingley's own sisters also has personal designs upon Darcy. Another lousy character is Wickham, an unprincipled rogue who has eyes only for money and power and has no scruples about using young, innocent girls to gain it. (However don't feel sorry for all his victims, his last, the youngest Bennet daughter appears to have gotten her just rewards by marrying him.) However there are a number of truly human characters, such as the Gardiners, Elizabeth, and even Mr. Bennet.

While Elizabeth is looking for a philosophical love with a man she can honor and respect, her sisters are more concerned with physical love. That is the other four Bennet children are searching for men who have substantial fortunes and are physically appealing.

Right away from the start it appears that Jane Bennet, the oldest daughter, has attracted the attention of Charles Bingley, a wealthy man who has moved into the neighborhood. At first these two young lovers appear destined to come together, but Bingley's interfering relatives and his friend Darcy strive to tear them apart and destroy their budding affection.

However Darcy eventually stops

trying to keep Bingley and Jane apart when he realizes that he—a wealthy aristocrat—has fallen into the same whirlwind of love by falling for Elizabeth Bennet.

But neither is their love an easy affair. Elizabeth is prejudiced against Darcy and his upper class society. And if she didn't have preconceived ideas about the staunch aristocracy, Darcy in no way endeared himself to her. Upon their first meeting he appeared as a stuck-up snob who could not lower himself to even speak with the local, country gentry. While visiting with his friend Bingley, he only associated with Bingley and Bingley's relatives.

However on closer inspection, Darcy was not the cold-blooded snob he had originally appeared to be. He was in fact a very prideful man who had difficulty breaking society's strict social guidelines. And perhaps he was a little shy of meeting new people and being immersed into a lower society, which he had been taught to avoid. And if that were not enough, finding love in a lower social strata was the hardest thing for him to swallow.

While *Pride and Prejudice* pales in comparison with the graphic historical romances of the twentieth century, it does still hold a spark of attraction for modern readers. This is a novel about love and how different social positions can cause prejudice and keep people apart. Darcy and Elizabeth are opinionated and proud characters who must find compromise if they are going to get together by the end of the novel.

MOVIE REVIEW

First Knight, swords, kisses and Camelot



SUNNI SCHULZ
Asst. Variety Editor

First Night

Top Drawer
Action/Romance
Rated PG-13
Director: Jerry Zucker
Cast: Sean Connery
Richard Gere
Julia Ormond

First Knight weaves a magical tapestry of jealousy, lies and love. We are catapulted back to the days of knights, swords and beautiful maidens; the days of Camelot.

King Arthur of Camelot (Sean Connery) who is leader of the knights

of the round table has asked Lady Gwenevere (Julia Ormond) the Lady of Leonesse, for her love and hand in marriage.

On her way to be wed, Lady Gwenevere and her armored escorts are ambushed in the forest by the evil Prince Malagant, who seeks to take over Leonesse, Camelot, and the boarder villages.

Lady Gwenevere escapes only to be pursued by three of Prince Malagant's men. Out from the forest leaps Lancelot (Richard Gere) a wanderer who lives by his sword. Lancelot saves Lady Gwenevere's life at the cost of her love for King Arthur. Lancelot steals a kiss from her in the woods, and Lady Gwenevere begs him never to do it again.

"If you have any honor in you, promise me you'll never do that again." "I don't know anything about honor, but I won't kiss you again until you ask me to."

"And that I never will."

First Knight is full of memorable lines that often tread the narrow path of being cheesy. However, because it is a fairy-tale love story and there is depth and quality to the acting, *First Knight* is able to get away with dialog that would have never survived in *Robin Hood*.

I expected two-dimensional cardboard characters and cheesy lines that

are supposed to make you cry, but actually make you want to hurl, but instead *First Knight* surprised me with a strong plot. This movie probes deep into the human spirit to find the weakness that comes when there is a forced choice between love and duty. As King Arthur states when questioning Lancelot about his fearlessness towards death: "A man who fears nothing is a man who loves nothing. And if you love nothing, what joy is there in your life?"

Despite my qualms about Richard Gere being too old to play a young vigorous knight, I think he plays his role with spirit. He doesn't try to be the hero, he just happens to be there at the right times with his sword drawn.

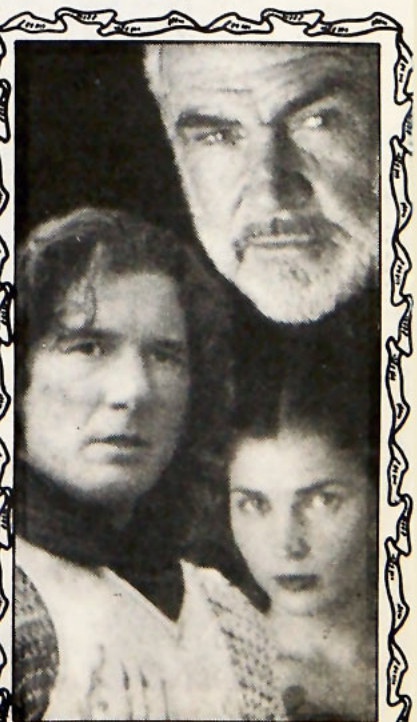
Julia Ormond, who plays the beautiful Lady Gwenevere, is charming, sophisticated and acts her part with heart.

Sean Connery is the perfect King Arthur. He has always done well with regal characters that speak few words, but always words of wisdom, such as in *Rising Sun* and in *Robin Hood* (where he shows up in the end as King Richard.) This movie is no exception.

The cinematography is exquisite. Large pan shots bring out the lush countryside, and the spirit of knight-hood comes alive in the sword fight-

ing scenes. There is even enough guts and gore to keep this film from being a total "chic-flick."

As a lover of fairy tales, forbidden love and knights in shining armor, I have to put this one in the top drawer.



Sugar

continued from page 8

Shesaid Surwit's studies were too limited to extrapolate to the general public.

"These findings have yet to be confirmed," she said. Studies that last longer and involve more people are needed.

In the studies presented Saturday at the 4th International Congress of Behavioral Medicine, Surwit and his colleagues reported on testing of sugar diets on both laboratory mice and on people.

Surwit said in their first experiment, colonies of mice were fed a fatty, sweet diet that was essentially cookie dough.

"The animals all got fat and diabetic," he said.

Then the researchers fed groups of mice four different diets: high sugar-high fat; high sugar-low fat; low sugar-low fat and low sugar-high fat.

Only those receiving the high fat diets, he said, developed diabetes and obesity, or showed personality changes. Sugar was not the villain, said Surwit. It was the fat.

The Duke researchers then carried the idea into humans.

Forty-two overweight women, divided into two groups, were fed low-fat diets of exactly the same caloric content for six weeks. For one group, 43 percent of the calories came from sugar. The other group was fed no added sugar, but instead got calories from increased servings of pasta and grains. Only artificial sweetener was used for the second group.

Both groups throughout the experiment underwent frequent physical and emotional tests aimed at detecting small changes.

At the end of the experiment, there was virtually no difference between the groups, said Surwit. There was an average of 10 pounds in weight loss among all the women. Healthy changes in blood pressure, body fat ratios, stress hormone levels and blood lipids was the same for both groups. Tests showed no increase in anxiety, depression, or feelings of hunger for either group.

Conclusion: "Sugar has an undeserved reputation," said Surwit.

St. Jeor and other experts, however, suggest that this conclusion may be premature and they urge more and longer-term experiments.

berry, grape, butter, vanilla, cinnamon, mint, caramel and walnut.

A normal diet has always included close chemical relatives of aspirin found in many natural sources, including oranges, raspberries, tomatoes, honey, tea and spices, such as curry, oregano, rosemary and turmeric.

The researchers found that the use of salicylates for artificial flavorings rose modestly since the 1920s until about 1960, when they went up abruptly. The average amount consumed from artificial flavors alone rose from 90 milligrams per day in 1960 to 125 milligrams in 1970.

The researchers said that beyond 1970, figures on salicylate consumption are sketchy. Manufacturers do not have to list them on food labels, and

much industry information is protected by trade secrecy laws.

The researchers did not calculate the increase from natural sources, but this also undoubtedly went up because of the better year-round availability of fresh fruits.

In 1950, 226 of every 100,000 Americans died of heart attacks annually. By 1992, that had dropped to 104.

Dr. Aaron R. Folsom of the University of Minnesota, head of the meeting's program committee, called the salicylate theory new and intriguing.

"We were struck by the possibility that these chemicals may be contributing to declining coronary heart disease," he said.

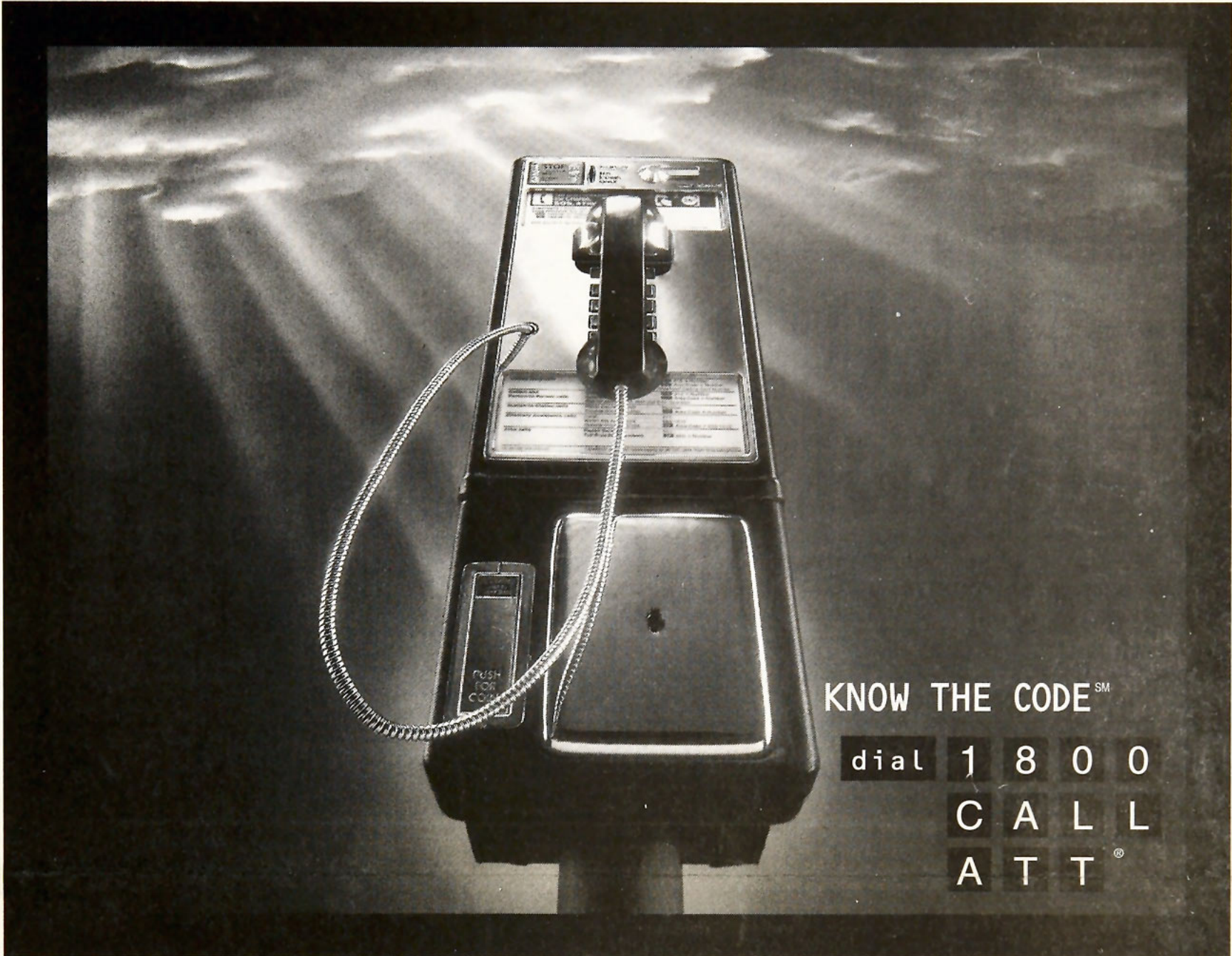
Take a journey into a chamber of the Hypogeum Experience it on page 8

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SPORTS

WINONA STATE'S FIRST STUDENT NEWSPAPER

Image is nothing

KEVIN
BECHARD

Sports Editor



Okay, admit it. Most of you who follow NBA basketball view the Minnesota Timberwolves as being a pretty pathetic team.

I admit that for the last couple of years, and at the beginning of this season, Minnesota's basketball franchise was not looking very promising.

Well, times have changed, and since the Chicago Bulls game on Feb. 16, the Wolves have proved that they are capable of competing and nearly defeating the best team in the NBA.

A buddy of mine from Chicago took pleasure in telling me over and over again that the Bulls would destroy the Wolves.

Well, for those of you who were fortunate enough to get tickets for this game, this was definitely not the case as the Bulls managed to come away with a lucky win of 103-100.

Yeah, it sure is impressive to have less than 10 losses on the season, but the Bulls are not impossible to beat, as the Wolves nearly proved.

At one point in the second half, the Wolves Derick Martin was guarding Michael Jordan near half court.

Feeling like he had a big head, Jordan palmed the ball and held it in front of Martin's face.

To Jordan's surprise, along with everyone else in Target Center, Martin slapped the ball away from Jordan, in turn making Jordan look bad.

Believe it or not, image is nothing in big-time basketball.

As it so happens, this is probably going to be the Wolves best season since their first one, and with Minnesota's current roster, the Wolves should have a promising future.

In fact, within the last month, the Wolves have been playing pretty good ball, having managed to pick up some impressive wins, such as in the 20-point defeat of the Houston Rockets.

With J.R. Rider, Kevin Garnett, and Tom Gugliotta, it's hard to believe that the Wolves have not come away with more wins this season.

But one thing is for sure, the Wolves are not as pathetic as they used to be.

In fact, only a handful of their losses were blowouts, meaning that a majority of the Wolves' losses were only by a few points.

Some of the changes which the Wolves have made this season have definitely had a positive affect on the team, such as the trading of center Christian Laettner to Atlanta for Spud Webb and Andrew Lang.

For those of you who liked Laettner, well, I'm sorry for you.

Don't get me wrong. He was a pretty good player, but to be successful in the NBA, a player must have a positive attitude on and off the court.

Laettner did not have this.

For one thing, he had a heck of a mouth while on the court, and lets just say that this got him into more trouble than it did him good.

Also, the once prized player of Duke had an attitude which did not sit well with the team and fans.

By this, I mean that even if the Wolves were playing good ball, Laettner would whine and complain that either there was not enough crowd support, or that the team was not focused on winning.

He also said that since he was the only player who was from a championship team, that he was the only one who knew how to win, and everyone else was, well, below him.

Great attitude, wouldn't you agree?

Since the trade, the Wolves have been playing better ball under Flip Sanders.

So the Wolves have not won a handful of championships like the Bulls. Oh well, the truth is that a solid team is made up of a number of players, not only one (Michael Jordan), like the Bulls.

Although they have gained a lot of support since the Chicago game, it is important to remember that image is nothing in the NBA.

EDITOR'S NOTE:

Due to the lack of space and sporting events which took place over break, both men's and women's tennis will be covered in next week's issue of the *Winonan*. We apologize for any inconvenience.

Gymnasts settle for split in Alaska



Joshua Smith/Photo Editor

Winona State University gymnast Danielle Tingwald explodes off the vault at a gymnastic meet in McCown Gymnasium. The Warrior gymnasts travel to Iowa State University Friday.

By KEVIN BECHARD

Sports Editor

GRANT CHRISTIANSON

Sports Reporter

The Winona State University women's gymnastics team racked up some frequent flyer miles over spring break as the squad traveled to the University of Alaska-Anchorage for a back to back series on February 29 and March 1.

The Warriors split the series with UA-A and turned in some impressive performances on the whole.

In the first meet, the Warriors squeaked out the victory by a score of 183.625-183.525. Leading the Warriors in the all-around competition was Melissa Green, who finished with a total score of 37.735. Melissa Green finished in second place to UA-A's Elena Tkacheva, who finished with a score of 38.25.

Next up for WSU was Annemarie Green who finished with an score of 37.225. Annemarie finished in fourth place in the all-around competition.

On the following day, the Warriors continued on their same pace, but UA-A turned up their performance and defeated Winona State by a score of 186.55-185.2.

Leading the all-around competition for the second straight day was UA-A's Tkacheva, as she finished with the same score as the day before, 38.25.

Leading the Warriors was Annemarie Green, who chalked up a score of 37.975 that earned her a third place finish in the all-around. Next for the Warriors was Melissa Green with a score of 36.95. Melissa Green finished in fifth place. Following close behind Melissa Green was Shannon Pohl, who ended with a score of 36.925.

"I was happy with our performance all around because of the good competition," said coach Rob Murray. "Both meets were very close, and each one was decided by the performances in the last event."

In last season's meet, the Warriors hosted and easily defeated Alaska, but this year proved to be different.

"I believe that they are nationally ranked this year, and as far as I know, they've done really well with recruiting this season," said Murray.

Another meet that the Warriors participated in was a meet on February 23 at Gustavus Adolphus College.

WSU defeated Gustavus by a score of 143.1-137.65. Leading WSU once again were the Green sisters. This time it was Annemarie (36.375) who finished in first while Melissa (36.02) followed. Also helping WSU was Shannon Pohl, who tallied 34.9 points in the all-around portion.

"This meet was a strong one for us, but we did not score as high as we had wanted to," said Murray. "Although our performances were pretty good, there were no particular outstanding scores."

So far, Winona State University's gymnastics team has coasted through this season, as they have dominated most of their meets.

Well, the opposition was definitely tougher as the Warriors took part in the Northern Illinois University Triangular this past Sunday.

Winona State finished in third place, but according to their score of 183.125, this was the best team score of the season.

In the opening event, the Warriors finished the vault with a team score of 46.075. Although WSU finished third in the event with a score of 46.075, it was not as if the gymnasts performed badly.

In fact, five of the six Warrior athletes scored a 9.0 or higher. Annemarie Green led the way with a score of 9.4, and was followed by sister Melissa's 9.325. Shannon Pohl scored a 9.2.

The uneven bars proved to be the awkward event in the Warriors' day as the team scored a 43.55, compared to the University of Illinois-Chicago's score of 47.425.

Megan McGrew and Danielle Tingwald led the way in scoring for the Warriors as each scored an 8.95.

Despite the rough goings on the balance beam at the start of the season, the Warriors scored a 46.725.

Perhaps this was the best event of the day as WSU's six gymnasts scored 9.0 or higher. A. Green again led the Warriors in scoring with a 9.475, followed by Pohl's 9.45. M. Green finished the event with a 9.375, and Heidi Wolf scored a 9.30.

A. Green's near perfect score of 9.65 was enough to edge off Melissa's 9.625 on the floor exercise. Pohl scored a 9.4.

According to coach Rob Murray, this meet was the highest scoring one since the 1991-92 season.

Next up for the Warriors will be a trip to Iowa State University this Friday.

SOFTBALL

Warriors return with hardware from Florida

Team captures West Florida Classic Tournament, finishes preseason with 12-9 record

By GRANT
CHRISTIANSON

Sports Reporter

Over spring break, many students traveled to destinations such as Florida, Mexico, and the Caribbean, just to name a few. But many of these students went with the same thing in mind, to party.

This was not the case for Winona State University's softball team, as the squad took part in the West Florida Classic Tournament in Pensacola, Florida.

Not only did the team come home with an impressive record of 12-9, but the women also won the classic.

The amazing thing about the Warriors' southern record was that

only three of the players were returning from last season, meaning that the other 15 were playing without experience at the college level.

Despite the young roster, Winona State managed to overcome this inexperience as they learned to play more as a team.

In tournament play, the Warriors performed well as they finished pool play with a good seed and a ticket to post tournament play.

The excitement continued as the Warriors turned up the heat in the semifinals by defeating the University of West Florida, the 1993 Division II National Champions, by a score of 5-4.

WSU continued to make an impressive run as they defeated a strong Houston Baptist team (3-2) to

win the tournament.

Turning in some outstanding performances on the trip was freshman pitcher Kristine Dzurison, finishing with a 7-2 record. Kate Johnson also proved why she deserved a spot as a starting pitcher as she finished the trip with a 3-4 record and a 1.35 ERA.

Junior co-captain Michelle Pelzl led the Warriors at the plate as she came away with an average of .390. Shannon Smith also contributed to the team's success as she was solid at shortstop and batted a .319.

After the tournament, the Warriors played a number of double-headers against teams from all around the country. Not only did the Warriors perform well against strong teams, but coach Myron

Smith was also able to see what kind of depth his squad had as all 18 players saw some time on the field.

"I was very impressed with the way the girls played," said Smith. "After doing so well on this trip, I have high expectations of what we are going to do this year."

Last season, the Warriors finished conference play in third place with a record of 5-4.

"I think that we will contend strongly for the championship this year," said Smith.

The only other returning player besides Pelzl and Smith, is sophomore Tara Obradovich. The newcomers which coach Smith hopes to have in the field a lot are designated hitter Kelly Hinz, Kelly Klaverkamp at first base, Heather Olson in left

field, and Amy Girard and Kate Johnson in the outfield.

Rachel Ruf and Michelle Kelsy will be on the mound for the Warriors, and Jill Anderson and Kami Bowersox will be behind the plate.

Also the Warriors played a series of four games at the Dakota Dome in Vermillion, South Dakota, on Sunday the 19th and Monday the 20th. WSU won their first game against Briar Cliff by a score of 6-5.

Next up was the University of South Dakota, which defeated WSU by a score of 9-1.

On Monday the Warriors lost to Wayne State 5-1, then bounced back to defeat Mayville 10-0.

BASEBALL

Florida trip ends in 5-7 record

By KEVIN BECHARD

Sports Editor

It seems as if all of baseball, both college and professional, has headed down south to Florida for preseason games, and once again, Winona State University's baseball squad had a chance to show off.

Despite the warm weather and being able to play outdoors instead of practicing in a gym, the Warriors finished their southern trip with a record of 5-7.

The 12-game series could not have begun on a more positive note as Winona State won their first three games by scores of 12-0 and 14-9 (against Lock Haven, PA) and 6-4 against Indiana University.

But unfortunately, winning streaks are difficult to keep alive, as the Warriors lost seven of the nine remaining games.

"The first loss (4-11 against Lock Haven) was a difficult one for the

guys to accept," said coach Gary Grob. "It seemed as if after the first three games, we struggled in the field and had a tough time putting wins together."

As has been the case for the past number of seasons, WSU has faced some tough competition while in preseason at Florida, and this year was no different.

"We did play well against some pretty competitive ball clubs, but the ones we lost were because of some shaky defense and lack of hitting," said Grob. "Overall, our defense played well, but errors eventually resulted in the opponents scoring runs."

Shromoff, the veteran shortstop who found a place on varsity as a freshman, was one of the most consistent players for Grob's club, as he batted an average of .410, leading the team with 16 hits and nine RBI's. Catcher Aaron Braund was also successful at the plate as he hit .314 and collected eight RBI's.

As a whole, the Warriors batted an average of .258, where their opponents hit .287.

Errors again hurt the Warriors' defense as WSU committed 29 compared to their opponents 18.

"Although we should have had a better road trip, the players need to regroup and take one game at a time as we begin a new season," said Grob.

The baseball program, which has been the most consistent and successful in the past two decades under coach Grob, is looking to have another good season.

In fact, according to shortstop Mike Shromoff, this year's team looks to be the best one in four years.

"We have a good ball club this year," said coach Grob. "Our pitching is solid, along with our defense and hitting. I think that with our talent, we should be able to make a run for the conference title."

Track finishes 5th at Conference meet

By KEVIN BECHARD

Sports Editor

Well, the season started off a bit rocky for Winona State University's women's indoor track program, and many questions were asked, such as: Who was this new coach? Would there be enough interest in this program? Would track be successful even though it was not a varsity sport at Winona State for two years?

All these questions were answered, and the truth is, the answers to the questions turned out to be pretty positive.

The Warriors ended their indoor season by traveling to the Northern Sun Intercollegiate Conference meet at Bemidji, Minn. on Feb. 23-24.

Although Winona State finished in fifth place out of six teams, it was perhaps the most successful meet for the Warriors this season.

Once again, the University of Minnesota-Duluth proved the success of their women's track program as they clinched the meet with a score of 192.

Northern State University scored a 109, and was followed by Bemidji State's 100. Moorhead State University clinched fourth place with 31, and WSU scored 17 points. The University of Minnesota-Morris rounded off the pack with 11 points.

At the start of the season, the Warriors lacked a high jumper, but Rachel Wiersema proved that she could fill this position as she came in seventh place with a height of 4-10.

However, Sarah Nelson, who set a number of personal and school records throughout the season, again bettered her last shot put throw as she set a personal record with a distance of 39-1, placing her in fourth place.

In the 20-pound weight, Nelson

See Track, page 11

Track

continued from page 10

and Jennifer Brownell finished first and second in the event with throws of 39-7 and 38-8 1/2.

Kim Swanson finished in fourth place out of 10 in the Triple Jump, with a distance of 32-10 1/2.

"I'm really pleased with the continual improvement we've had this season," said Matter. "The athletes have come a long way, and their success can be measured by their improvements from meet to meet."

On Feb. 16, the Warriors took part in the University of Wisconsin-Stout Invitational, finishing fifth out of seven teams with 38 points.

Not only did Winona State score its most points of the season, but they also came away with a handful of personal and school records.

Swanson set a school record in the 55-meter dash with a time of 7.40. Susan Bandstra's 1:47 time in the 600-meter run was also a school record.

Nelson, Brownell and April Eichhorn set personal records, while the 4x200-meter relay team set a school record with a time of 1:53.02.

MEN'S BASKETBALL

Disappointing season ends at 8-18

By SCOTT KRAMP
Assistant Sports Editor

For Winona State University (8-18 overall, 3-9 in the Northern Sun Intercollegiate Conference) this season proved to be a long one.

The long season dragged on even more as Winona State lost its final four games of the season.

On March 2, conference rival Southwest State University (18-9) visited the Warriors and defeated them by a final of 75-66.

Brian Harms led the way with 15 points. Brad Sowinski (14 points, 11 rebounds), Cory Kreibich (11 points), and seniors Chad Hazelton (10 points, 10 rebounds) and Chad Strojnic (10 points) played well for WSU.

The game came down to poor shooting by the Warriors, 36 percent from the field and 40 percent from 3-point range.

Forwards Jeff Pelant and Nick Theising led the visitors with 16 and 14 points respectively.

On Feb. 24, the Warriors trav-

elled to Nemzek Fieldhouse to take on Moorhead State University and star forward Brett Beeson.

The Warriors shot well this game, but allowed the home team to shoot 56 percent. The Warriors were outrebounded 47-40 and MSU dished out 33 assists as opposed to Winona State's 10.

Beeson finished with 33 points in just 27 minutes as the Warriors were blown out on the road 113-81.

Tommy Beal led WSU with 28 points. Kreibich added 13 points as they were the sole Warriors to reach double figures.

On Feb. 21, the Warriors visited the University of Minnesota-Duluth for an NSIC contest.

The Warriors, after only being down by one point at halftime, were outscored by 21 in the second half as they fell to UM-Duluth by the final score of 78-56.

The Bulldogs shot 51 percent from the field while the Warriors managed to shoot only 37 percent.

Sowinski (13 points, 9 rebounds), Beal (12 points) and Harms (11

points) were the only Warriors scoring in double figures.

Greg Duke's 18 points and 11 rebounds led the Bulldogs.

In one of the most thrilling games of the season, the Warriors were defeated at home by IUPUI-Indianapolis by an 83-82 final.

The Warriors finished the first half trailing by 13 points, but came out ready to play in the second half and pulled to within one point with just a few seconds remaining.

The Warriors had the ball out of bound underneath their own basket and had time for just one shot at the win.

The ball was tossed into the lane when Beal came up with the ball and just came up short on his attempt to lay the ball in. The buzzer sounded as the ball bounced off the rim, ending the game.

Hazelton and Harms each netted 17 points to lead WSU. Kreibich (15 points), Beal (12 points) and Sowinski (10 points) also led the Warriors.

WOMEN'S BASKETBALL

Women defeat Wayne State 77-76 in last game

By ANNA DEROCHE
Sports Reporter

There was one second left on the clock. The Warriors were down 76-75. Julia Barthel sunk both shots to give her team its fifth victory of the season.

"The Wayne State game was a key to finishing the season with our spirits up," said coach Terri Sheridan. "It was an emotional win."

Although the Winona State University women's basketball squad ended the 1995-96 season with a 5-22 record, there is some excitement for next season.

"We are definitely looking forward to next season," said Sheridan.

Unfortunately, the Warriors were not able to compete as well as they would have liked this season, mostly

due to the exhibited youth and injury bug.

With the loss of two valuable seniors this year, Vickie Field and Kate Maxwell, Winona State is looking to its four returning seniors.

As was the case this season, forward/center Angela Bohringer and Jennifer Hosting will be the key to the Warriors' inside game for the 1996-97 season.

Fortunately, Hosting, who is a senior with junior eligibility in basketball, announced that she would pick up a minor so that she could play next season.

Julia Barthel and Rita Wolcott, both guards, will also return.

"With all of our returners and new recruits, we will definitely be competitors next season," said Sheridan.

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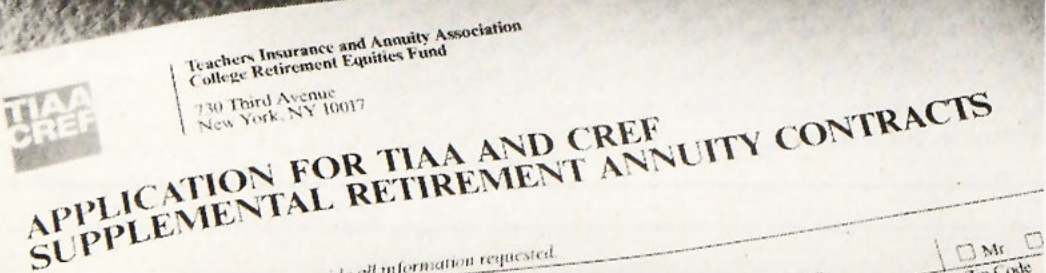
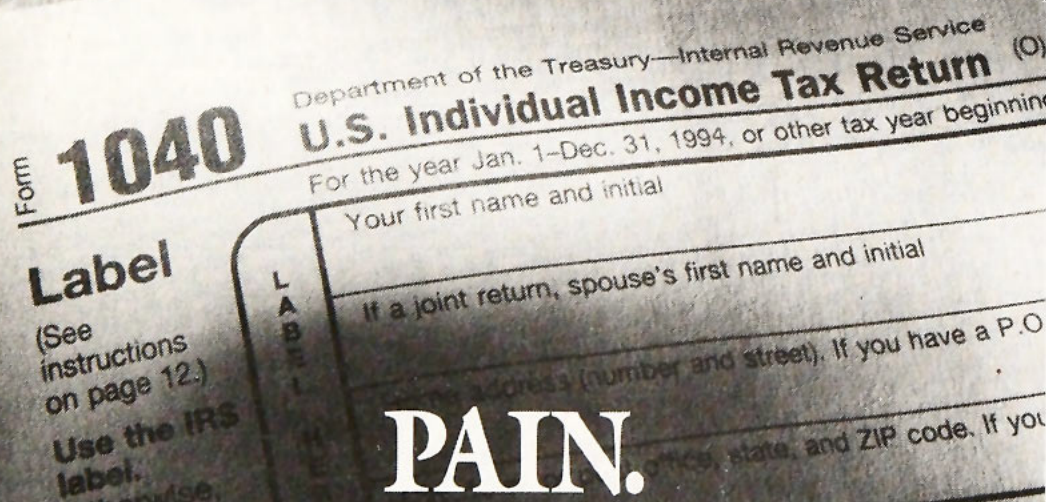
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ETCETERA

WINONA STATE'S FIRST STUDENT NEWSPAPER

Your Real Horoscope



by Ruby Wyner-Io
A.A.B.P.-certified
Astrologer



Aries: (Mar. 21-Apr. 19) After you splinter your femur in a Burger Chef, you'll understand the importance of not breakdancing on tables.

Taurus: (Apr. 20-May 20) There's no easy way to mend a broken heart, so drink cheap cognac till you go blind.

Gemini: (May 21-June 21) You'll receive an important message written on a bathroom stall. It begins "Here I sit/Broken-hearted..."

Cancer: (June 22-July 22) The phases of the moon suggest that a phone call from Night Court's Markie Post will change the way you store flour.

Leo: (July 23-Aug. 22) It may be unfashionable to wear fur, but there's nothing more stylish than a necklace of squirrel heads.

Virgo: (Aug. 23-Sept. 22) Put yourself and the homeless on equal footing. Burn down your house so they may have warmth.

Libra: (Sept. 23-Oct. 23) You will astound friends and neighbors with your fragrant flatulence.

Scorpio: (Oct. 24-Nov. 21) Time to restructure your portfolio. Sink everything you've got into gimcracks and knick-knacks.

Sagittarius: (Nov. 22-Dec. 21) Because you're the sign of The Hunter, you must slay the dreaded Mud Serpent. Stand by for instructions from Zeus.

Capricorn: (Dec. 22-Jan. 19) Trace the pattern of Saturn this week, and by Sunday you'll have a picture of a cute doggy.

Aquarius: (Jan. 20-Feb. 18) Distant vibrations from the Galaxy of Ozik conclude that an especially delicious slice of mince pie will cause you to hallucinate Ibsen plays.

Pisces: (Feb. 19-Mar. 20) You think you're special? Here's a lesson in humility: Despite his friendliness, Popeye isn't even remotely aware of your existence.

Ms. Wyner-Io's lifelong battle with the bottle will be depicted on ABC's *Movie of the Week*. Don't miss it!

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CHAOS by Brian Shuster

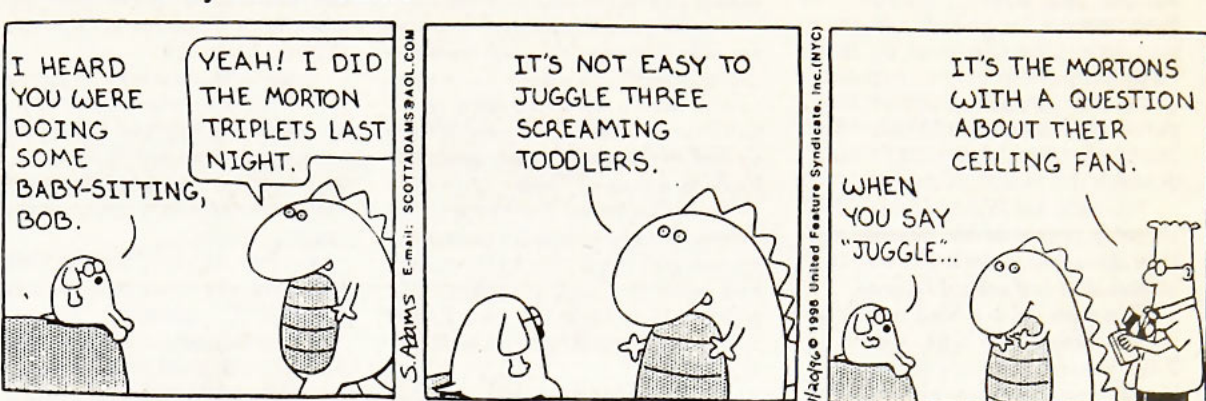


"OK, who gets the beetle sampler?"

NON SEQUITUR by Wiley



DILBERT by Scott Adams



OVER THE HEDGE by Michael Fry and T Lewis



ROBOTMAN by Jim Meddick



Jim's Journal by Jim



the CULTURAL IDIOCY QUIZ

by Rich Dahm
Illustrated by Dan Vebber

Bursting With Fruit Flavors

DIRECTIONS: The following pop culture items all contain a type of fruit in their names. Name them all, then reward yourself with a refreshing kumquat.

1. Prince song about a hat
2. Legendary Harlem Globetrotter
3. Giant purple cartoon primate
4. Ad slogan: "Don't scrub all day, use _____"
5. Disco duet that sang "Shake Your Groove Thing"
6. Low budget Melanie Griffith action film
7. Disney western starring Bill Bixby
8. Composed ethereal music for *RISKY BUSINESS* and *MIRACLE MILE*
9. Richie Cunningham sang this to indicate he was horny
10. Bingo, Fleagle, Drooper and Snorky
11. Malcolm McDowell drinks drugged milk in this flick
12. One-hit wonder responsible for "Incense and Peppermints"
13. Fictional town where the SCTV studios are located
14. Academic murder suspect in the game of Clue

CULTURAL IDIOCY QUIZ ANSWERS

1. "Raspberry Beret"
2. Mellowhawk Lemon
3. Grape Ape
4. Lime-A-Way
5. Peaches and Herb
6. Cherry 2000
7. The Apple Dumpling Gang
8. Tangerine Dream
9. "Blueberry Hill"
10. The Banana Splits
11. A Clockwork Orange
12. The Strawberry Alarm Clock
13. Mellowville
14. Professor Plum

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YOU CAN FIND IT ALL IN THE WINONAN CLASSIFIED SECTION EVERY WEDNESDAY!